

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, AUGUST 23rd, 2021 #001**

TODAY'S LUNCH

Monday-Cheeseburger, green beans, peaches
Tuesday-Crispito, chips w/cheese, corn, pears
Wednesday-Grilled chicken sandwich, baked beans, mixed fruit
Thursday-Pepperoni pizza, romaine salad, applesauce
Friday-Corndog, mixed veggies, pineapple chunks

BREAKFAST

Monday-Ham breakfast bar, graham crackers, fruit
Tuesday-Waffles, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, muffin, fruit

WELCOME BACK!! Just a reminder to have fun, follow the Norse Code and come to school each day Ready to Learn! We have the privilege of attending an amazing school so be grateful each and every day and have pride in our building.

Schedule Changes - If you want to change your schedule you need to follow this procedure:

1. Bring a note from your parents.
 2. Get an add/drop form from Mr. Town.
 3. Get a signature from the class you are adding.
 4. Get a signature from the class you are dropping.
 5. Turn the finished form into Mr. Town for approval.
- (This does not apply to required classes. I will not change those classes.)

Lunchroom Reminders:

1. Enter the lunchroom the same as in the past, but go along the **west** wall. Pick up your tray, food, and then punch your number in last.
2. There is a refrigerator in the kitchen for you to use for your sack lunches. Please bring them in before school.
3. There are two microwaves in the KITCHEN for you to use for warming up your lunches.

Attention 7th and 8th graders-During the school day please do not go through the 5th and 6th grade hallway.

ALL STUDENTS: PLEASE WAIT UNTIL 8:15 AM TO COME INTO THE OFFICE FOR HELP WITH ANYTHING UNLESS YOU ARE SICK, HAVE AN INJURY, OR NEED MEDICINE! Thank you!

All Students: Please be sure to check the main office window throughout the day for your name for any messages you may have.

Cross Country, Football, & Volleyball Athletes -- Reminder that you are required to wear a mask when riding the athletic shuttle bus per federal law.

Cross Country, Football, and Volleyball Athletes -- Coach Hovick will be at the MS during your lunch period to check the signup list for each sport. Students had an initial sign up last May. You can sign up for a sport or change the sport you initially signed up to participate in. You can also sign up in the MS office.

Cross County -- First practice is Tuesday. There will be a team meeting followed by practice. Runners need running clothes, running shoes, and a water bottle. Meet in the grass area north of the school.

Volleyball -- Team Meeting on Tuesday. First Practice is Wednesday.

Football -- Equipment Checkout on Monday. First full practice is on Tuesday.

If you ride a bike to school, be sure to park your bike in the racks provided. This should be done at the elementary and high school buildings, as well as here at the middle school. Do not park bikes in the lot north of the building.

Student Drop-Off- Reminder to those that ride to school with parents that our drop off is on the NORTH side of our building. Please use the sidewalks in this new area.

7th and 8th Grade Roland Rural Bus Room please report to Mrs. Alonzo's room at 3:30.

Reminder to all students attending middle school and high school events: Please come to watch the event and **NOT** be running around. Remember to demonstrate the Norse Code positively cheering for both teams.

Quote of the Week:

Life is tough. Show up anyways. Show up every day. But don't think you have to show up alone. We're better together. Unknown

**R-S MS PRACTICE / SHUTTLE SCHEDULE
CROSS COUNTRY, FOOTBALL, VOLLEYBALL**

AUGUST 23 - 27

**CROSS COUNTRY & VOLLEYBALL -- SHUTTLE @ 5:15 P.M.
FOOTBALL -- SHUTTLE @ 5:35 P.M.**

MONDAY, AUGUST 23 -- Football Shuttle @ 5:00 (Monday only)

Cross Country	No Practice
Football Equipment Checkout	-- 3:45 – 5:00 (SC players first)
Volleyball	No Practice

TUESDAY, AUGUST 24 SHUTTLE @ 5:00 on Tuesday only

Cross Country	3:35 – 5:00	Team Meeting/Practice
Football	3:45 – 5:20	
Volleyball	3:35 – 4:30	Team Meeting only

WEDNESDAY, AUGUST 25

Cross Country	3:45 – 5:00
Football	3:45 – 5:20
Volleyball	3:45 – 5:05

THURSDAY AUGUST 26

Cross Country	3:45 – 5:00
Football	3:45 – 5:20
Volleyball	3:45 – 5:05

FRIDAY, AUGUST 27

Cross Country	3:45 – 5:00
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Football	3:45 – 5:20
Volleyball	3:45 – 5:05

PTO Meeting: The first PTO meeting is Thursday September 2nd at 7:30 at the Middle School Library.